cartridge all the fish within a certain area are killed, none escape. When poisons are used, however, some fish are not affected by them, and others are only stupefied for the time being and afterwards recover.

FOOD.

The Khasi and Syntengs ordinarily take two meals a day, one in the early morning and the other in the evening, but labourers and others who have to work hard in the open take a midday meal as well, consisting of cold boiled rice wrapped in a leaf (*ka já-sang*), cakes (*ki kpu*) and a tuberous root (*u sohphlang*) which is eaten raw. They are fond of all kinds of meat, especially pork and beef, although some of the Syntengs, owing to Hindu influence, abstain from eating the latter. Unlike the neighbouring Naga, Garo and Kuki tribes, the Khasis abstain from the flesh of the dog. Both Bivar and Shadwell say the reason why the Khasis do not eat the flesh of the dog is because he is in a certain sense a sacred animal amongst them. There is a Khasi folk-tale relating how the dog came to be regarded as the friend of man. It is, however, quite possible that the Khasis may never have eaten the flesh of the dog from remote times, and it is nothing extraordinary that the Khasis should differ in a detail of diet from the neighbouring Thibeto-Burman tribes which are so dissimilar to them in many respects. The Khasis, except some of the Christian community and some of the people of the Mawkhar, do not use milk, butter, or ghee as articles of food. In this respect they do not differ from the Kacharis and Rabhas of the plains or the Garos of the hills. The Mongolian race in its millions as a rule does not use milk for food, although the Tibetans and some of the Turcoman tribes are exceptions. Before fowls or animals are killed for food, prayers must be said, and rice sprinkled on the body of the animal. The staple food of the Khasis is rice and dried fish. When rice cannot be obtained or is scarce, millet or Job's tears are used instead. The latter are boiled, and a sort of porridge is obtained, which is eaten either hot or cold according to fancy. Khasis eat the flesh of nearly all wild animals, they

more and chemical fertilizers. Both level land and hillsides are cultivated by the same hand techniques: 3 × 6-foot patches are fashioned with walkways between, soils are overturned within the patches and allowed to dry, the soils are burned slowly and the ashes spread over the soil, and finally the seed is sown, either broadcast or sown with the aid of the typical Khasi hoe. The coldest part of the upland region a two-crop year, and Khasis often double crop as well. Paddy has long been found in the lowlands, in parts of Jaintia and Khasi, the only places where the plow is found. Nowadays paddy is more and more seen in the uplands, together with a simple terracing and irrigation technology. Many upland Khasis have house gardens in which they raise a wide variety of vegetables, including pumpkins, cabbage, radishes, sweet potatoes, eggplants, and many others. Important crops in Khasi country are paddy rice, lac, cassavaceae, cotton, bananas, and pineapples, as Wat. they are betel nut, pan leaf, oranges, and sugar cane. **Fishing and hunting.** Fishing is done by poisoning streams, but this is a subsistence activity only in the southern foothills. Hunting was formerly by bow and arrow or by traps, including spring guns and pitfalls, but was always primarily a sport [Cf. Stoguiller 1928.] **Gathering.** Khasis once gathered about 150 species of wild plants, most of them for food, but some for medicine. Thrifty villagers still gather food plants, but there is no real dependence on gathering. Medicinal plants continue to be very important. **Domestic animals.** Fowl, goats, pigs, and cattle are bred both for meat and sacrifice. Milk was formerly not utilized, but is now so popular that specialists keep herds of milch cows. Pigs are used as village scavengers, but sometimes receive prepared food. Cattle and goats forage freely in the fields during the winter, but are herded by a communally hired herdsboy during the agricultural season. Most households keep chickens, primarily for their eggs, and a few keep ducks. A few horses are also seen. Dogs are pariahs, except for hunting dogs. Cats are popular. **Food and stimulants.** The staple food of Khasis is boiled rice, together with the dried fish which is imported from Sylhet. Boiled beef, pork, and chicken are relished, but beyond the means of most. Meals are taken twice a day, in the morning and evening, although farmers also take a midday meal in the field, and others may take tea and cold sweet potatoes or rice bread. Certain foods are taboo to certain sibs. Stimulants are extremely common, especially betel nut, which is often accompanied by a bit of tobacco. Tobacco is also smoked as cigarettes and in hookah and other pipes. Every village has one or more household taverns, where distilled rice whisky is cooked and sold by the glass and by the bottle. Improved opium had spread widely in the malarious Bhoi country, but antidrug institutes in the 1940s have been fairly successful. All stimulants were once taken by men, women, and

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